# Please enroll me in this session:

# Personal Information:

First Name

Last Name

Phone Number

**Due Date** 

I will be attending classes alone  I will be bringing a guest or significant other

Remember to bring your pillow!

October 2, 9, 16 &

July 3, 10, 17 & 24

egister or ask any

questions

2018 Schedule for Childbirth **Education Classes** 

**JANUARY** 9, 16, 23 & 30

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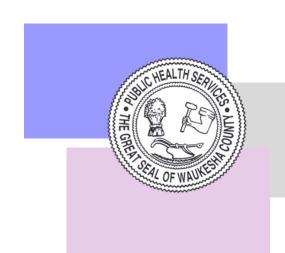
**MARCH 27 & APRIL** 10, 17 & 24

\* \* \*

**JULY** 3, 10, 17 & 24

\* \* \*

**OCTOBER** 2, 9, 16 & 23



# 2018 Childbirth **Education Classes**

*Preparing for the most* important day in your baby's life!



### **Waukesha County Public Health Division**

(Located within the Human Services Center)

**514 Riverview Avenue** 

Waukesha WI 53188

262-896-8430



March 27, April 10, 17 & 24



January 9, 16, 23 & 30



Waukesha County's Public Health Division is now offering a series of four Childbirth Education Classes for pregnant women. There is <u>no</u> fee.

Each childbirth can be different. Whether this is your first child or fourth, these classes will help you prepare for the birth of your child.

Each class will focus on a particular topic and include breathing exercises.

Please bring a <u>pillow</u> with you to *each* class. \*Free baby gift after each class attended\*

- The first class will focus on the **stages of labor** and the **birth process**
- The second class will focus on comfort measures / C-Section info
- The third class will focus on newborn care
- The fourth class will focus on breastfeeding (Breastfeeding classes are also available in Spanish)

Take comfort

When: Classes will take place

quarterly on Tuesdays

**Time:** 12:30 – 2:30 PM

**Place:** Human Services Center

514 Riverview Avenue Waukesha WI 53188

in

KNOWING



Waukesha County

## **Public Health**

A Division of the Department of Health & Human Services



www.waukeshacounty.gov/pregnancy

Please call
262-896-8479 to register or
ask any questions